

## Managing your health contributes for your family' happiness Take medical check-ups your municipality carry out

Illness affects a person's health and he/her happiness secretly.

Prevention is important. Please receive the medical check-up of the cities

Do you take a medical check-up every year? It is troublesome.

I don't know how to apply for it. Because of those reasons, there may be many people who have never taken medical check-ups. The people who don't have medical check-ups in their companies, self-employed workers and housewives tend to put off medical check-ups. Many people aged 40 and over often have health problems. Please take advantage of receiving the free or inexpensive medical check-ups municipalities carry out.

A lot of municipalities provide medical check-ups for people aged 40 and over. However, depending on municipalities check-ups are offered for people aged less than 40. You first answer questionnaires regarding medical examination and have your weight・height measurements, blood pressure, blood test, urine test, electrocardiogram, lung chest X-ray examinations examined in general medical check-ups. Moreover, check-ups of stomach cancer, colon cancer, uterus cancer, breast cancer and particular diseases are carried out. You are able to take those medical check-ups at hospitals designated by your city with inexpensive fees.

If you are eligible to take medical services, you will receive a notification from your local municipal office. The publicities of municipalities also inform about medical check-ups. If you have any questions, please make inquiries to your local health centers. Basically most municipalities carry out medical check-ups from June to November, not all the year round.

When your body condition is something wrong, you may be able to go to a health center and ask about it depending on municipalities. If you do not know what kind of doctor should be consulted, it may wise to go there and take medical consultation.

On the other hand, you may not be willing to take check-ups by municipalities because of language and visa problems. Some support organizations for foreign nationals take place own medical check-ups in urban areas sometimes. They prepare interpreters to feel easy to ask and take consultation about visa-related procedures. Unless you have appropriate visa, you cannot belong to a public health insurance program and would spend a lot of money for medical care. You can be treated while illness is light through using various medical check-ups which are offered by municipalities and other organizations. (commented by Miho MAEDA)

● Please feel free to come to FICEC to consult about your matter



### Fujimino International Cultural Exchange Center has been moved

Fujimino International Cultural Exchange Center moved to a new address on August 26. The new address is 2-15-10 Oi, Fujimino-shi. Tel and fax numbers are the same as before. Please see the map of last page.

[www.ficec.jp/foreign/](http://www.ficec.jp/foreign/)

● The back numbers of "Information Fujimino" are available at online.

## Child Rearing Allowance are provided to single fathers ! !

Child Rearing Allowance has been given to single fathers from August 1, 2010. The Allowance is for single fathers with limited income. You need to apply for receiving it.

### ●Applying • When receiving

People who are qualified by July 31 will be paid from August if they apply by November 30.

### ●The Amount of Allowance

The amount is decided depending on your income and expense of bringing up a child. If you want to get an application and know the amount, please make inquires to Kosodate Shien Ka in city hall.

## Do you know ? "Saitama Information & Support" improved

"Gaikokujin Help Desk" and "Gaikokujin Shien Sodan Center" have been combined as the name of "Saitama Information & Support (SIS)". SIS gives advices in eight foreign languages regarding matters everyday living and also special matters. It is necessary to make an appointment.

**Tel : 048-833-3296**

Open hours Monday - Friday 9:00 am - 4:00 pm (Closed 12:00 am to 13: pm) SIS is located in Saitama International Association on 3rd floor of Saitama Urawa Goudou Chousha from West Exit of JR Kitaurawa station. 10 minutes on foot.

## Wearing Yukata and eating somen event was held

The Center enjoyed Yukata Wearing Experience event on last August 5 in Japanese class. The students also had somen. Please pay attention to Information Fujimino since we have many fun events for seasons.

## ●Ayumi Kanda's

### Strange Japanese custom for foreigners

The topic of this month is "Toilet's manner". Someday, I happened to use the toilet at the subway station in Tokyo. I found the poster written by Japanese, Korean and Chinese. It said that "Please throw the used toilet paper into the toilet".

People who have grown up in Japan don't realize this meaning. (Where I threw it away except into the toilet?) Do you know that there are few countries we can throw the toilet paper away into the toilet? Because Japan is one of the countries that not only drainage technique but also chemical decomposition in the water technique are highly developed. So, we can flush the toilet with paper. I have a confidence to adopt for all things, but even though I haven't used to use the toilet while I've been traveling abroad. (All Asian countries I've visited, I couldn't, threw the toilet paper into the toilet.) It is not surprising for Japanese to use a Flush toilet or a Wash let toilet (It washes the buttocks automatically. It may be a Japanese unique technique.) These might be the pride of the latest technical skill of Japan to the world.

## Be careful ! The area near Fujimino station will be designated as no-bicycle parking zone.

Your bicycle or electric bicycle can be removed if you leave it in the area near Fujimino Station from October 1. If it is kept in Hokanjo, 1000 yen will be charged for taking back bicycles and 2000 yen for electric bicycles. Use public parking area near the station. In case of submitting a bicycle theft report, it is fee of charge. For further details, please make inquires to Fujimino Shiyakusho Doro Ka. (☎220-2027)

[www.ficcc.jp/living/](http://www.ficcc.jp/living/)

●Living Guidance translated in 6 languages is available.